



FAMILY NUTRITION NEWS

Fish

Dear Homemaker,

Fish is good for us to eat. Fish gives protein for strong muscles and healthy bodies. Fish is a food from the MEAT GROUP. We need 2 servings from this food group every day. In addition to fish, the MEAT GROUP includes beef, pork, veal, heart, liver, other variety meats, dry beans or peas and peanut butter. Choose the 2 servings you need daily from these foods.

On the back of this letter is a new way to cook fish -- FISH SCRAMBLE.

If you have any FISH SCRAMBLE left over, store it covered in your refrigerator. You may want to serve it again the next day. It is good if you warm it first.

Sincerely,

Name and title



FISH SCRAMBLE

- | | |
|---|-----------------------------|
| 2 cups chopped, boned fish
(cooked or fresh) | 3 or 4 eggs |
| Onion or onion flakes, as desired | $\frac{1}{4}$ cup water |
| 2 tablespoons fat | $\frac{3}{4}$ teaspoon salt |
| $\frac{1}{2}$ cup nonfat dry milk powder | 1 cup greens |

In a frying pan, lightly brown the fish and onion in the fat. Mix nonfat dry milk, eggs, water and salt. Stir mixture into fish and onion. Cook over low heat until thickened or firm. Add greens wild or from the can, freezer or garden. Add more fish if you like.

Serves 4.

MORE INFORMATION

TRY THESE NEW MENUS, TOO:

*Fish Scramble**

Cooked Carrots Lettuce and Sliced Tomatoes

Biscuits

Milk Tea

Peanut Butter Fudge

OR



Vegetable Soup

*Fish Scramble**

Cornbread

Milk Tea

Apple Pie

This publication was prepared by Frances L. Reasonover, Extension foods and nutrition specialist, The Texas A&M University System, and Karen Walker and Judy Grubbs, former foods and nutrition specialists, and M. Katherine Beavers, former foods and nutrition specialist — ENP - A, The Texas A&M University System.